# Milady's Boudoir

ach Woman Should Cultivate Her Own Individual Type-To Properly Care for the Child's Mouth and Teeth-Everyday Etiquette—Several Egg Recipes Submitted by Mrs. M. B. Miller of Willard, Utah -Simple Facts About Egg Cookery.

"cut," which is usually at the age of two years, a small soft brush should

be used morning, noon and night with

the akaline water, brushing the teeth

rooves. At the age of three the

aught to use it properly. The tooth

s to adapt itself to the curves of

Of course, the child will regard the

orush as a plaything at first, but it will soon become a habit to imitate

nother and brush the teeth upon risng, after each meal and before retir-

the fact that it is just as necessary to

keep the teeth clean and the hands

indeed, it is really more important. for soiled hands will not cause half

and just because they are out of sight

is no reason why they should be "out of mind" any more than the hands

FVFRY DAY FTIQUETTE

"Do you thing it is proper to num-ber the pages of a letter?" was Kath-

"It isn't necessary to number them you follow the natural order of the

pages, which is the best taste in let-ter writing," replied her aunt.

WITH EGGS AT LOW PRICE.

By MRS. M. B. MILLER.

French Omelet.

Beat four eggs slightly, just enough

tablespoonsful of milk or water, and

salt and pepper to season. Put two

tablespoonsful of butter or meat drip-

pings in a hot sheet iron frying pan;

when melted, turn in the mixture; as

it cooks, prick and pick up the cooked

portions with a fork allowing the un-

cooked mixture to run into its place

until the whole is of creamy consist

on hotter part of range that it may

brown quickly underneath, then fold

or creamed meat or vegetables may be added. This amount is a good

serving for four persons for break-

Shirred Eggs With Rice.

cup of grated cheese and one-fourth

water and cook in a slow oven until the whites of the eggs are jelly-like.

Cheese Souffle,

Prepare a thick, white sauce by

with one cup of hot milk and cook un-

from the fire add one-half cup of gra

ted cheese, one tenspoonful of sall

and a pinch of paprika and stir until the cheese is well melted. When this

mixture has cooled, add the beaten

yolks of thre eggs and lastly fold in the stiffly whipped whites of three

Pour into a buttered baking dish and

bake in a moderate oven until the

souffle has risen and is delicately

browned. A souffle is done when it springs back under pressure of the

The Easiest Sponge Cake Recipe.

Equal measures of egg, flour and sugar with a pinch each of cream of

artar and salt and flavoring to taste

If an angel food cake is desired a measure of the egg whites is used.

while for a Sunshine cake a predom!

nauce of volks is necessary in the lat-

ter case at least one white for every

three eggs used should be added for

takes yolks and whites beaten separ

then the flour, sugar, cream of tartar

and salt which has been sifted well

together, is carefully folded into the

as the air enclosed in the beaten egg

must be retained to raise the cake.

Cream of tartar causes the white of

egg to stiffen at a lower temperature

as a cooler oven may be used and a

of the most important points about all

sponge cakes is the baking. This

must be done in a very low oven,

the thermometer should not register

cake is done when it shrinks from the

sary to oil the tin for a sponge cake.

Simple Facts About Egg Cookery.

emperature to render them more ten-

der and easily digested. If a tea-spoonful of salt or vinegar is added

to the pint of water in which eggs are peached, the whites will hold together

around yolk and will be easily re-

Water added to scrambled eggs or

eggs in an omelet will give a more

moved when cooked.

tender product than milk.

Eggs should be cooked at a

It is never neces-

more tender cake is the result.

over 300 degrees Fahrenheit.

An ordinary sponge cake

Eggs are beaten stiff and

This must be done very lightly

Before removing

Set baking dish in pan of hot

Line a shallow buttered baking dish

This amount is a good

ency and firm enough to fold.

and turn on a hot platter

by one into the rice.

til stiff and thick.

leavening.

ately.

o blend yolks and whites.

or face

erine's problem

mischief that soiled teeth will,

The mother should emphasize

The bristles should be



Gwen Sears.

#### MAKING THE MOST OF YOUR BEAUTY

It matters not how many charms or you possess, every woman should cultivate her individual type; giving each detail its due consideration, with special attention awarded to those features of superior value.

How often do we observe that frankly homely men and women present a most attractive, even magnetic, personality. If you study these people, it soon becomes evident that not a little of their charm lies in their well groomed appearance. Their hair may be coarse and straight, but it is healthy in appearance and becomarranged; their hands large, but nicely manicured; their complexion clear and unblemished; and while their eyes may be small, they are clear and expressive and the brows thin delicate arches

Just to give a certain amount of time to the details of the toilet each day not only encourages real beauty. preserves it as well A little painstaking experimenting will con-vince that most skeptical woman of this statement for no woman ever folding grated cheese, jelly, choppel lived who is genuinely indifferent to her personal appearance and to the compliments or criticisms it revokes, servi regardless of all protests to the con-fast.

It is not enough that the tangles be taken out of the hair in the morning and at night. The hair should be thoroughly brushed in order to re-move the accumulated dust from the eggs and carefully drop them one thoroughly brushed in order to rehair shafts and scalp. It should be ventilated for five or ten minutes every day and during this interval may he massaged with the finger tips to cup of bread crumbs have been addkeep the functions of the skin in good

YOUR BOYS AND GIRLS.

From the time of its birth the child's mouth should be cleansed melting two tablespoonaful of shorten-morning and evening. To accomplish ing. to this add two tablespoonaful of this use tepid water and salt, or wa- flour and when well blended, combine ter made slightly alkaline with a owdered borax. piece of soft linen cloth may be wrapped around the forefinger, dipped in the water and gently rubbed about the child's mouth

When the temporary teeth are all

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A whip or fork should be used where it is the purpose to beat or enclose air in the whites of eggs such as in cakes or meringues

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Read the Classified Ada,

"TM CRAZY IN LOVE," SAYS WEALTHY MAN'S DAUGHTER OF HALLBOY HUSBAND



Mrs. Isabel Bernheimer Murray.

Isabel Bernheimer, nineteen-year-old daughter of Charles Daly Bernheimer, millionaire tenant in a de luxe apartment house in New York city, eloped with James Murray, doorman of the house, and is today known as Mrs. James Murray. Desperate efforts were made by the parents and relatives of the young bride to get her to leave her husband, but she refused all overtures and avowed, "I will never leave Jim as long as I live. I'm crazy in love."

The Regional Bank's New Measure Will Help Business Men in Many Ways.

Better credits, rather than an exten-mion of credit, is the much-to-be-desired effect which the Federal reserve act will have on business. The new regional banks will exercise a useful function in assisting

will exercise a useful function in assisting member banks to improve the character of their loans.

The most useful function in matters pertaining to health is the digestive system, for it is from this source we receive our daily help in renewing the waste portions of the body, keeping the blood pure and well supplied with red corpuscles and the general condition up to Nature's standard.

and well supplied when and the general condition up to Nature's standard.

Therefore, watch the digestion and at the first sign of weakness or distress see that immediate assistance is given. This can be efficiently supplied by the use of Hostetter's Stomach Bitters.

It has a well known reputation as a tonic and appetizer and can thus be relied upon to help you regain your appetite, assist the entire digestive system and help Nature in the promotion and maintenance of health.

Make Hostetter's Stomach Bitters your first choice in any aliment of the Stomach, Liver or Bowels. You will find it well worthy of your confidence. Insist on having the genuine.—Advertisement. cup of white sauce to which one-fourth

Ottawa, Ont., March 26.-Experiences of the Canadian troops at the front are detailed in the first account y the official Canadian recorder with the contingent abroad, transmitted by cable to the minister of militia from the secretary of the war office in London tonight.

"As Lord Kitchener has stated," said the recorder, "the Canadian roops have now, after gaining some urther preliminary experience, taken their turn as a division in the trenches Nothing sensational has happened to them. It has not up to the present been their fortune to be swung forward in a desperate attack or cling in defensive tenacity to the trenches which the Germans have resolved to master. There have, of course, been casualties. One does not enter or eave trenches without casualties, for the sniper never falls to claim his daily toll, but the trench experiences of the Canadians have not up to the present been eventful, as one judges of incidents in this war.

"And our men have, of course, made the acquaintance of 'Jack Johnson' without liking him, for he is not likable. They endure him with as much constancy as a brave man needs. Nor ndeed, have our own artillery failed to do more, and even more than hold

"Our infantry were not especially engaged in the fighting at Neuve Chapelle, but our artillery played its part in that triumph of artillery sclwhich preceded the British attack.

"And there were not a few of our infantry who were longing for that order. They think that the Germans presumed upon a slight acquaintance. For on the very first night on which our men were put into the trenches, the Germans began to call out. 'Come out, you Canadians, come out and fight."

"When the Germans' flares in the trenches nervously lighted up the space between the two lines. There are the northern lights, was the comnent of Canada, and 'Northern lights' they have remained to this day.
"It would be evidently impertinent

to say more of the general officer commanding the force, General Anlerson, than that he enjoys the most absolute confidence of the fine force commands. He trusts them and they trust him and it will be strange f their co-operation does not prove ruitful."

The official account, which is dated In Flanders, March 26," explains that many facts are omitted because of military expediency to prevent information of troop movements reaching the belligerents on the other side of the trenches. Of the Princess Patricla regiment, it is said that "the battailon has proved itself worthy of fighting side by side and on equal terms with the army of veterans and heroes

SAFER CREDITS which has held the trenches in the horrible winter of Flanders." Toward the close the recorder said in reference to the entire Canadian contin-

> "I may before concluding point out that the most severe military critics both in England and in France are loud in their admiration of the or ganizing power which in a non-milttary country has produced so fine a force in so short a time.

"Zudora" in "The \$20,000,000 Mystery," 18th episode, at the REX today. Open
to 11 p. m. 2 p. m. to 11 p. m. 5c—ALWAYS—5c.

# GENERAL H. L. SCOTT DEPARTS FOR HOME

I. E. L. Michie, left in the afternoon ests of Montana, for the east.

interpreter, General Scott went to the jail early in the morning. Chief Jailer George Cleveland conducted the party to a large cell in the basement where the Indians are quartered.

As their "white brother" entered the cell a smile spread over the countenance of the Indians. Then with the stolidness characteristic of their race, each of them stood up and solemply shook hands with the general. General Scott held a long conversation with Posey through the inter preter, and assured the Indians that he would do his utmost for them. He told them that he had made arrange ments with the county officials so that they could be taken for a walk every afternoon.

was leaving General Scott told the Indians that he trusted them implicitly, and exhorted them to be model prisoners and to keep up their courage. Tse-Na-Gat, whose efforts to avoid arrest and possible punishment on the charge of murder of a Mexican sheepherder was responsible for the Indian uprising, said nothing during the interview with General Scott. As the general was leaving however, the redman stood up and shock hands. He mumbled a "good but his eyes spoke the gratitude

that he feels toward the general.

After leaving the jail General Scotand party went to the University of Utah, where the general and his aide were introduced to the members of the faculty. From the university the party went to the office of the first presidency of the Mormon church where they were received by President Joseph F. Smith C W. Penrose and Anthon H. Lund. President Smith congratulated and thanked General Scott for the manner in which he handled the Indian situation.

Mrs. Homer Hoch quotes a little girl as saying at Sunday school: "I know a verse: 'You can't serve God and mamma!' "-Kansas City Star.

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### liver and bowels, is always **BEECHAM'S**

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## BIBLES READY TO PLACED IN HOTELS OGDEN

about two years ago by the Protestant churches looking toward the placing of Gideon bibles in the various hotels of Ogden. This movement has been pushed steadily forward, until the work has been accomplished.

On display in the First Baptist church where the movement had its oirth, are 439 Gideon bibles which ar rived in the city last week from the jublishing firm of Thomas Nelson & ons. These Gideon bibles will be dedicated Sunday afternoon, promptly at 3:30 in the First Baptist church edifice. The services will be open to the public, and will be in charge of the Protestant ministers of the city It was hoped to have one or more of the Gideons at this service, but it was impossible to zecure those men. The prayer of dedication will be offered by the Rev. J. E. Carver, with a few introductory remarks by the Rev. H. D. Zimmerman, while Rev. G. F. Rassweller will have charge of the service, assisted by the Rev. F. G. Brainlasting only about twenty minutes.

expected that many will avail them jean ranger station in the northern selves of the opportunity of attending part within what has been designated he first Gideon service ever held in the South Fork of the Payette river Utah, when this practical form of game preserve. These lines will be Christian service for the spiritual wel-constructed so far as possible by are of the commercial traveling men will be officially launched. In order to a proper distribution

of the Gideon hibles to the rooms of the fire season, will be given two the various hotels, volunteers from brush treatments with creosote before each church are needed. To make they are set. the event successful in the history of our city, we urge young men and roung women to aid the pastors of the churches in distributing the bibles. The 439 bibles will be distributed

among the					
lows					
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it. Insist upon it.-Advertisement

## HELIOGRAPH **GIVES WARNING** OF FIRES

Supervisor E. Grandjean of the Boise forest, who is in Ogden for a March 27.—Brigadier few days, ascribes much of the suc-General Hugh L. Scott, who persuaded on the Boise ed Old Polk, Tse-Na-Gat, Posey and range during the unusually dry period Posey's son, renegade Piutes, to surjust season to the effectiveness of render and rely on the justice of the the fire lookouts, in connection with "Great White Father" at Washington, the telephone and the heliograph. The bid an affectionate farwell to his In- latter instrument, which has been dian "brothers" at the county Jail used for years by the army, is used esterday and, with his aide, Colonel more extensively in the national for northern Idaho Washington and Oregon. The princi-Accompanied by Colonel Willard pie is that of flashing light by means Young, who was a classmate at West of mirrors, and communication is pos-Point, Professor Levi Edgar Young of sible only between two points visible the University of Ctah, Colonel to each other. In order to receive the Michie and Bob Martin, an Indian messages, flashed by signals, it is es-Utah, Colonel to each other. In order to receive the sential that each officer know morse or some similar code. Messages have been transmitted seventy ive, miles

Already the Boise has twenty-two clephone stations distributed strategic points throughout the forest, and twelve ranger headquarters fully equipped with provisions and fire fighting supplies, and eight tool caches equipped with fire fighting implements are located at iso-

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Mr. Grandjean has just made a large purchase of No. 9 telephone wire with which to construct two exten-The service will be very brief, sions to telephone lines, aggregating fifty miles, one from the Long Gulch Since Ogden is the first city be-tween Denver and San Francisco to have Gideon bibles in the hotels, it is other from Lick creek to the Grandconstructed so far as possible by rangers and the poles will be got our during the spring months and after seasoning the butts, at the close of

Game Thriving in Preserve. When the game preserve was estabished in the northern part of the Boise forest by the state of Idaho Palm Sunday at 8 o'clock. Bishop several years ago, it was considered Jones will also preach the sermon at somewhat of an experiment. There this service. The new vested choir were but twenty-five or thirty known under the leadership of H. F. Aldredge elk in the region, and the former large numbers of deer, goats and mountain sheep had been diminshed the Church of the Good Shepherd on to mere remnants. Mr. Grandjean Tuesday Wednesday and Thursday to mere remnants. Mr. Grandjean to mere remnants. Mr. Grandjea was created. He is naturally gratified by the results, since counts of the Your mother used Wedding Break- past winter show the present number fast Coffee for years—your grocer has of elk to be about 200 and the deer 1000, while the goats and sheep are multipying satisfactorily. .

Two other game preserves were es tablished by the state at the last legislative meeting, one in southern Ida- running?"-Courier-Journal

no and the other partly in the Weiser and partly in the Nez Perce forest, in the western part of the state

### **BISHOP PAUL JONES IS** TO BE THE SPEAKER ON SUNDAY

The Rt. Rev. Paul Jones, bishop of Utah, will administer the Apostolic rite of confirmation at the Church of the Good Shepherd on the evening of

will furnish the music. Holy Week services will be held in p. m. and in the evening at 8 o'clock Evening prayer and preparation serv ice for the Easter communion

NOT TO THE POINT. "I want a book for a high school

"How about Fielding?" . "I dunno Got anything on base-

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